

Woman's World

How to Take Fresh Air Into Your Lungs.

BY MARION MARTINEAU,
(in Chicago Tribune.)

No matter how frosty the morning, be sure to get the fresh air. Let zero approach and Jack Frost fill the pane; let snow lie on the ground and wind sweep the pavement; let come anything in the way of weather, but do not fail to get the air.

Of course, you must take the air prudently. The woman who gets out of a warm bed and rushes to the easement to throw wide the window pane is a foolish woman. She will surely chill and the result will be a cold, or a touch of rheumatism, or some kindred ail.

It must be taken as a rule this time of year that the body must not enjoy a sudden change of temperature. Every effort should be made to keep the body at the same degree of heat and cold. When you are in the house you can lay aside your wraps. But when you go into the street you should wear a sufficient amount of warm clothing to maintain an equable temperature.

This does not mean bundling up, for, when walking, the body keeps in a glow and often a little additional clothing will suffice as long as you keep on the move.

The woman who gets up in the morning should see to it that her room is comfortably warm before rising. It is best to get up in a hot room which can be immediately cooled as the clothing is put on. This allows the body to keep its proper temperature. There are no sudden changes.

The morning tubbing is a thing which depends upon the temperature. There are those who cannot take a full bath in the morning, but who can bathe at night; and there are others who are positively invigorated by the morning bath. This is partly a question of habit and partly one of temperament. The same rule will not apply to all, because your sister can do this and that do not imagine that you can do likewise. Study yourself and make laws and rules for yourself.

The woman who is getting ready for a few minutes of physical culture exercise in the open air must dress completely. She must wrap up if she feels the necessity for doing so. She must be perfectly warm, yet not too warm; and must be dressed in such a manner that she can draw a full, deep breath.

It is now time for her to go to the window and throw it open. As soon as she does this she must thrust her arms out of the window and, with clinched fists, must begin to go through a series of calisthenic exercises.

The best exercises to take are the regular ones: arms up; arms down; arms straight out; arms up, fingers touching over the head. This must be repeated in a few minutes, or as soon as you can draw a deep breath. Arms up; arms down; arms straight out; arms up, with the fingers touching over the head. Keep right on doing this, over and over again, without stopping, as many times as you can.

Fifteen minutes of this exercise will throw you into a deep glow and will redden your cheeks and make you breathless with exertion. But you will not have an exhausted feeling and the sensation will be one of invigoration rather than otherwise.

In the beginning do not attempt the full fifteen minutes, but be content with five minutes. Exercise as hard as ever you can for five long minutes and you will feel ready to stop. During this time use the arms vigorously and be sure that you are standing directly in the open window. Deep windows are best for this, for there is a better sweep through the room. If you feel vigorous you can add the hip and abdomen exercises, but for the amateur the arm movements will be quite enough at first.

The woman who exercises by the open window before breakfast must take care not to do certain things. She must take care not to begin her exercises directly after bathing. She is apt to chill and, if nothing worse happens, she will at least chafe her face.

The face and the hands should never be wet before going out. And the woman who exercises before the open window pane should dry her face well and wait fully fifteen minutes before allowing the cold air to lay upon it. Otherwise the action of the air will make it blowsy and mottled, chapped and rough.

It is the same with the hands, which should be carefully dried and a little cold cream rubbed into them before they are exposed to the air.

There was once a girl who began taking the open window exercises. She was a fat girl, far too fat for beauty and, since she was short, her excessive fat made her look dumpy.

This girl made it her practice after dressing to throw open the window and take a series of calisthenics. She exercised fifteen full minutes every morning in the air.

And what was the result? Why, in the course of a few days her fat began to disappear and in three months it had melted away in some mysterious manner that was as gratifying as it was becoming.

And there was another girl. This girl was awkward and narrow chested. Wishing to have a wide, full chest, she made it her practice to exercise in front of the window every morning. And the result was most beautiful. Her chest widened and she grew graceful as her figure became improved.

And there was yet another girl, this one a pretty girl, who took the exercises in order to keep her beauty. She was slender as a reed and graceful as a fawn. In spite of her years of city life, with its indolences and its overheated rooms, she maintained her figure and her beauty. And if you were to see her today she would tell you that it was all largely due to the habit which she had formed of exercising in the open air.

But, while exercising, you must take care of the skin. And here is another story and a less agreeable one. This story is about a girl whose skin was red and rough and awful. Powder would not stick upon it and the whole surface was white and flaky. It got worse and the more she exercised the rougher her skin seemed to become.

One day she solved the mystery and it was found in the open air exercises. Instead of drying the face and rubbing a little cold cream into it, it was her practice to step to the window and, with face still damp, begin her open air exercises. The result of the cold air, as it beat upon a sensitive, moist skin, was worse than can be imagined.

The skin must be protected from the biting air or it will gather chaps and roughness even while the body is gaining in strength and beauty. But of what use all the grace and all the strength in the world when the face is seamed and creased, or when it looks weather-beaten like that of a hardened old Jack Salt.

Take care of the skin before throwing open the window, and after a few days trial, if you find your complexion growing red and mottled, then take warning. Cold cream it well, dust a little powder over it and, if necessary, wear a veil when exercising. Remember that where the complexion is concerned an ounce of prevention is worth several pounds of cure.

Cold, fresh air is good for the skin, but the skin must be prepared for it. Otherwise there is that annoying condition known as chaps and the disfigurement which comes from a chapped face. More than this, the sudden striking of the skin with frosty air may be positively injurious to the cuticle, and the result will be a breaking out of red surface veins and that curiously purple appearance which is the lot of so many skins.

The girl who throws open the easement in the

morning is in a position to benefit by deep breathing. Here she has a fine supply of perfectly fresh, pure air, and every breath which she draws into her lungs is necessarily a pure breath.

But in its purity lies its danger. The air, all frosty and, perhaps, snow laden, is far too cold to be drawn immediately into the system, and the girl who is going to indulge in deep breathing must use a great deal of discretion along with her calisthenics.

There is a fad now for the drawing of deep, full breaths. And it is a fad which is fraught with a great deal that is beneficial. But, unfortunately, it is as often abused as put to good advantage. The trouble is that deep breathing, unless practiced in the right manner, does a great deal more harm than good.

For deep breathing the air must be pure but not too cold, and the woman who is taking deep breathing lessons before the open window would be wise to step back into the room for six or even eight feet—if the room will allow—in order that she be out of the strong current.

The air of the room which is purified by the open window is also partly heated by the temperature of the room and is much less apt to chill the lungs than as though it were drawn into them clear and brisk. The more moderate the air the better, and, before inhaling it into the lower lungs, the patient should be sure that it is well warmed.

Once positive that it can be taken into the mouth, the throat and the lungs without injury, the patient can take all of the deep breathing exercises and can go through them all with vigor. She can fill her lungs with a deep breath of air, and then slowly exhale the air, letting it go out of the mouth puff by puff or in long, steady breaths.

A great many persons do not understand what deep breathing is, and a number have asked this question. It is nothing more nor less than the art of filling the lungs full of fresh air and of letting the air escape, and of filling them again. It is one way of breathing, that is all. And, if you have learned it, you come after a while to breathe this way naturally all the time, and without trying to do so.

There are people who practice deep breathing as they walk in the street. They take a deep breath and let it escape from between the lips slowly, taking three or four steps to a breath.

A great many persons advocate abdominal breathing entirely through the nostrils, keeping the mouth closed all the while. But this is difficult, no matter how beneficial it may be. Still, it is worth the trial.

Deep breathing in front of an open window will toughen the lungs and make the throat stronger for the duties of the day. School teachers, saleswomen and women who are compelled to use the vocal chords a great deal will find it of great assistance to them. The voice is strengthened and the exhausted feeling which comes from the using of the lungs too much is prevented. As a preventive of colds the calisthenics in the open window are highly recommended by physicians. The body grows stronger all the time, and the tired condition of the winter months is avoided.

Don't be afraid, then, to throw open the window; and don't be afraid to throw out your arms and exercise. Don't think that you will take cold and feel ill all day. On the contrary, if you go at it properly you will be greatly benefited by your attempt.

QUESTIONS AND ANSWERS.

(Marion Martineau in Chicago Tribune.)

Inquiring Lady: Your letter regarding the removal of hair from the face requires a long answer. It will shortly be given in this column.

Mrs. Blank: Your letter was interesting. To reduce flesh requires a long treatment. The special advice for you will be given in full.

Mrs. T.: Please tell me how to take blackheads out of my skin. I am greatly troubled with these blemishes.

Steam the face by applying hot cloths. Then, when the face is warm, lather it well with fine soap. Wash off with hot water. This will often remove them.

Mrs. No Name: Give me a treatment for obstinate blackheads.

If the blackheads are obstinate it may be necessary to treat them for some days. Heat the face, lather well, and wash off the soap. Do not go out for at least an hour afterwards. All blackheads will yield on this treatment.

Miss T.: I am awkward and cannot seem to make myself more graceful, though I have tried all the exercises. What would you advise next?

It may be that you are not really as awkward as you suppose. Try to forget yourself and grace may suddenly come to you. But, of course, you must keep yourself limber and supple by deep breathing and exercise.

Mrs. V.: What is deep breathing and how can I learn it?

Deep breathing is that sort of breathing in which the whole of the lungs is employed. A great many persons never breathe except with a small portion of the lungs. Take off your corsets and take a deep breath and you will understand.

Miss O.: Do you consider the wearing of corsets injurious to the general health, and what make do you advise?

Wear any good corset that fits the body. The wearing of the corset is not injurious. On the contrary it acts as a body support. The corset protects the body just as shoes protect the feet. But you must, of course, wear corsets that fit and are comfortably laced.

Miss T.: I am thin and I wake up in the morning feeling faint. What would you advise?

Thin persons should eat before going to bed. Otherwise the body grows thinner during the night, for it has no food to absorb. Persons of delicate frame should keep the stomach well supplied with food. This means easily digested food, of course.

Grace B.: Is there any way to develop the bust? I have tried several methods without results.

Drink chocolate. Eat before you go to bed. Use the arms in a series of good exercises. And do not worry. Worrying women are always thin-busted.

T. G.: How can I fill up the open pores in my face? They are most unsightly.

Bathe the face with hot water, putting it on with a hot towel. Do not roughen it, but merely steam it with the water. When it is hot, wash it with soapsuds. Rinse in many waters until free from soap. Bathe now in tepid water with a few drops of benzoin in the water.

H. K. P.: Do you advise salt water for the face?

This is a difficult question to answer, as salt and water affects different skins differently. In many cases it utterly banishes wrinkles.

G. B. K.: I would like a formula for the treatment of an oily skin.

Take a pint of hot water and dissolve in it one tablespoonful of powdered borax. Wash the face well with this, holding it on the skin with both hands. Now bathe the face lightly with water in which there is a little of the tincture of benzoin, just enough to make it milky.

C. G.: Kindly send me a jar of your face cream and tell me what it would cost to buy a complete outfit of face wash, wrinkle lotion, hand whitener,

etc. I would pay anything rather than be without them.

They are not for sale. But you can easily make them for yourself. Here is the face cream, for which you ask. It is absolutely free to all readers of this column. Take enough mutton oil to fill an egg shell, add an equal quantity of sweet almond oil. Perfume with bergamot. Of course this must be heated and beaten with an egg beater as it cools. If too stiff add almond oil.

Miss Alice T.: My skin is oily, especially the skin of my nose. Big drops stand upon it. I have spent hundreds of dollars on my complexion. Can you help me?

For extreme oiliness of the skin try sulphate of zinc, a grain; compound tincture of lavender, six drops; distilled water, two ounces. In buying it tell your druggist that you are going to use it as a face wash.

Miss G.: A friend of mine wrote you for a wrinkle cream. It took out all her furrows. Now please repeat it for me. I have deep lines on my forehead.

For a wrinkle cream take of pure cold cream obtained at the druggists one heaping teaspoonful. Melt in a double boiler. Add a tablespoon of olive oil, a tablespoon of lanolin, and, if too thin, thicken with a little melted mutton tallow.

Miss X.: My hair comes out badly. What is the best tonic? My grandmother used a root tonic, the recipe for which I would be glad to have.

It was probably the blood root and brandy tonic. To an ounce each of water and brandy add an ounce of blood root. Apply to the scalp. It may stain it temporarily.

Mrs. T.: I wrote you for your treatment for superfluous hair. I am annoyed by a growth on my lip.

Have you tried bleaching the growth with peroxide of hydrogen and ammonia? This will bleach the hair and in time kill its constitution.

Miss H.: I am 47 years old and my face is full of lines. Tell me how to remove them.

I know a woman of 51 who has not a line in her face. Every night before she goes to bed she "spats" her face full of pure almond oil, putting it on until her face fairly shines. In the morning it is taken off with water as hot as her face will comfortably bear.

Mrs. H.: How can I take superfluous hair off my face? I am greatly annoyed by it.

Several readers have written me on this subject and I will soon devote a special feature to it. The tweezers can be used and a weak solution of ammonia applied afterwards; or the hair can be taken off by electrolysis; or the saline stick can be employed. Hair can be killed, you know, by a little persistence.

Reader: How can I reduce my weight? You and another reader ask the same question. I would reduce by walking, as you are both heavy in the abdomen. Also by diet. Do not go without eating, but try to eat easily digested food, not food which clogs the system.

THE SECRET OF COLD.

Habitual colds are due to an ill-kept skin on the outside and dyspeptic mucous membranes on the inside, the result of indigestion, coupled with carelessness, according to an authority.

Cold water, proper food and common sense are the foundations upon which a cold-cure must rest. A cold sponge bath, one to three minutes long, with a brisk dry rub immediately before and after, is excellent—usually all that is necessary to keep the cutaneous circulation alive and the skin reactive to sudden changes of temperature.

For those unaccustomed to cold water, tolerance can be gained in three weeks' time by the use of water at any comfortable temperature, making it one degree colder each day, until it can be employed without dread as cold as it will run. Salt may be added to the water for its stimulating effect, or alcohol; witch hazel is also useful.

Cold water, intelligently used, does not steal vitality, but fosters it. It stimulates the nerves that control the expansion and contraction of the blood vessels and regulates the cutaneous circulation. The dry rub is a fair substitute for those who cannot take the cold sponge.

Some colds are due to micro organisms that attack the air passages, but this is much less likely to happen in a person whose powers of resistance have been raised by diet and hygienic measures.

If colds result from dust in the nasal passages, as sometimes happens, the nostrils may be washed out regularly with some warm alkaline solution, and with as much satisfaction as one brushes the teeth. This is properly a part of the morning toilet for those at least who suffer from catarrh, in the atmosphere of great cities. Operative interference on the nose and throat may be required for deformities or diseased tissues which act as an exciting cause.

The inside and outside skins of the body are so much in sympathy and so dependent on each other that any disorder of the one is sure to react upon the other, and this is especially true of the alimentary canal and the skin as a whole. Overeating when tired, overeating in connection with overexertion, and indulging in things known to disagree are among the causes of colds, for taking cold is ordinarily nothing but a successful attempt from without; an attack which succeeds simply because the skin, which resists, is not properly supported from within or lacks tone itself.

One should "keep moving" when wet or chilly and not stand on a street corner or elsewhere without taking deep breath. The lungs used in this way act as a pump to drive the blood along. This practice, with the others named, will reduce to a shadow the liability of taking cold every little while.

A TALK TO WIVES.

Every wife should be the business manager of her home. Yes, mothers and wives, your influence in domestic happiness is much greater than your husbands. He provides you with the wherewithal to keep your little kingdom together, but to you falls the whole comfort of the household, which depends upon trifles immediately under your jurisdiction.

By your management and economy of small sums, your husband's respectability and credit are created or destroyed. No fortune can stand the constant leakage of extravagance and mismanagement. Your yourself know how much can be spent in trifles. As a rule great expenses, whatever they may be, are turned over and carefully reflected upon, before they are incurred; then the income is prepared to meet them. But it is the eternal spending of nickels and dimes that runs away with the money and does the mischief. This wife alone can stop, for it does not come within a man's province.

There is often an unsuspected trifle to be saved in every household. It is not in economy alone that the wife's attention is so necessary, but in those necessities which make a well-regulated house. Depend upon it, there is a great deal of domestic happiness in a well-dressed mutton chop or a tidy breakfast table. Remember that men grow used to beauty, tired of music and often are too wearied for conversation, however intellectual; but they can always appreciate a well-sweet hearth, a well-prepared meal and a smiling wife.

"Early to bed and early to rise," an' lots o' hard work, too, are all right, but seems to me that if the Lord had meant some people to be up an' eatin' breakfast by lamplight, he'd indicated it by lettin' the sun rise a few hours earlier.

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